



LN visualizing and using the Light Rays, each one should train himself to remember, that it is the Light within his body which does all things. Think! when you move your hand, that it is the Light within the nerves and muscles which makes them move. Stop occasionally and feel that Golden-white Light pouring through to do each task of the day.

When you think, realize that it is the Light in your brain cells which is your mental activity. Whenever you want greater alertness, visualize the blazing Golden-white Light flooding your head and see the marvelous change and ease with which you do all mental work following that.

When you are speaking **FEEL**, that it is a Ray of Light-substance flowing out through your mouth, which is making the sound you send forth.

When you are looking at something **FEEL**, that it is the **LIGHT** pouring through your eyes which gives you the Power to see.

When you are listening to something, **FEEL** that it is the **LIGHT** within your ears which enables you to hear. In this way, you will be able to project the Light Rays with very much greater power.